

STOOL DIARY

Please record your bowel habits for one week.
Take this diary with you to your next doctor's appointment.

Day	OSMOLAX RELIEF Number of scoops used	Did you have a bowel movement? (✓)	Record stool type (1 – 7) See overleaf	Pain/straining Yes or No	Do you still feel 'constipated' or 'relieved'?	Other comments
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

✓ No salty taste

✓ Clinically proven

OsmoLax[®]
Relief

BRISTOL STOOL FORM CHART

The Bristol Stool Form Chart is a medical aid designed to classify the form of stool (poo) categories. There are seven types of stools:

Types 1 and 2 indicate constipation

Types 3 and 4 are ideal stools as they are easier to pass

Types 5, 6 and 7 may indicate diarrhoea and urgency

TYPE 1



Separate hard lumps, like nuts (hard to pass)

TYPE 2



Sausage-shaped but lumpy

TYPE 3



Like a sausage, but with cracks on the surface

TYPE 4



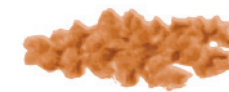
Like a sausage or snake, smooth and soft

TYPE 5



Soft blobs with clear-cut edges

TYPE 6



Fluffy pieces with ragged edges, a mushy stool

TYPE 7



Watery, no solid pieces
Entirely liquid

Source: Heaton, K W & Lewis, S J 1997, 'Stool form scale as a useful guide to intestinal transit time'. Scandinavian Journal of Gastroenterology, 32 (9):920-924.

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